

Richmond University Medical Center Hosts Suicide Prevention Resource Fair



Joanne Pietro, RN, MS, Assistant Vice President, Department of Psychiatry and Behavioral Science, addressed attendees about the importance of knowing available resources to help loved ones who may be in crisis.

Richmond University Medical Center (RUMC) hosted a suicide prevention resource fair on Saturday, September 30. Across the country, September is designated as National Suicide Prevention Month. The fair featured behavioral health experts from RUMC as well as community partners providing information that gave attendees a comprehensive approach to suicide prevention. Many attendees wore purple, the official color of National Suicide Prevention Month.

"Preventing suicide is not just about addressing the behavioral health component of the situation," RUMC President and Chief Executive Officer Daniel J. Messina, PhD, FACHE, said. "It also means addressing other factors such as ensuring a stable and safe home environment, improving financial security, and reducing substance use, all of which are factors that can lead to someone seriously considering, and attempting to, harm themselves."

In addition to information on RUMC programs for adults and children, community partners distributed resources on insurance, housing and food assistance, and many other services available on Staten Island. The 121st Police Precinct's Community Affairs Unit was also on hand to share gun safety and proper firearm storage

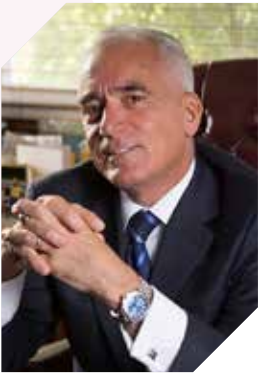
information. RUMC staff held NARCAN trainings and distributed free fentanyl test strips.

Recent data from the Centers for Disease Control and Prevention shows that over 48,000 people died by suicide in 2021. That equates to one death every 11 minutes. Suicide rates increased 36% between 2000 and 2021. The number of people who think about or attempt suicide is even higher. In 2021, an estimated 12.3 million American adults seriously thought about suicide, 3.5 million planned a suicide attempt, and 1.7 million attempted suicide. In 2021, suicide was among the top leading causes of death for people ages 10 to 64.



Staff from RUMC's Department of Psychiatry and Behavioral Science provided information including warning signs for someone who may try to harm themselves.

From the President & CEO, Daniel J. Messina, PhD, FACHE



Last year we completed our Community Health Needs Assessment, which acts as a guide to help us address health disparities existing in our community. Through research and outreach, we identified several focus areas, such as tobacco cessation, managing chronic health conditions, and addressing behavioral health needs in our community. The goal is to show substantial improvement and healthier outcomes in our community because of our efforts over the next

three years. I am excited to share that while we are just under one year into our assessment timeframe, we are already achieving incredible results.

In the focus area of managing chronic health conditions, in just the past nine months our diabetes self-management program and our separate diabetes prevention program have achieved great results. Over 160 people completed the self-management program for 2023 and as a group, their A1C improved by 62% and healthy eating habits improved by 79%. The current group enrolled in our 2023-24 prevention program is also hitting it out of the park. Its goal was to achieve at least a 5% reduction in weight and log at least 150 minutes of exercise per week. To date, the group of 16 people has achieved a 3.1% drop in weight on average and is logging over 230 minutes of exercise weekly. Each member is also successfully maintaining a prediabetes A1C range of 5.7% to 6.4%.

We also identified breast cancer outreach, education, and screening as an area of focus. To achieve this goal, our Breast and Imaging Center at 1161 Victory Blvd. is offering same day reads of screening mammograms, in most cases enabling us to capture the patient while they are still there and perform additional diagnostic imaging if needed. We also continue to work with patients who have financial or insurance concerns to eliminate barriers to health screenings or accessing care.

Addressing behavioral health concerns, our team at the Center of Integrative Behavioral Medicine and Staten Island Mental Health Society has made huge progress toward their goals. Some of the milestones reached so far include no client deaths reported in our Opioid Overdose Prevention Program, over 5,600 Narcan Kits distributed since 2022, more than 130 fentanyl test strip distributed in last seven months; and over 100 xylazine test strips distributed in last three months. Our Gamblers Treatment Program identified over 40 clients with co-existing psychiatric conditions and connected them with a trained therapist. This accomplishment exceeded their goal of identifying at least 25 individuals in need of further assistance. Our Project LAUNCH program, which is aiming to prevent underage drinking and other substance use by youth, had 123 participants this year, all of whom are maintaining their sobriety. Our team also screened over 1,000 people for behavioral health conditions and additional disorders, referring over 500 for assistance through social services including WIC, SNAP, primary care, clothing, childcare, and housing.

Lastly, curbing the use of tobacco is another focus of our Community Health Needs Assessment. Tobacco cessation classes will be resuming this month as we look to lower the lung cancer rates in our community, which are among the highest in the city, and help people cope with their addiction.

I would like to commend each of the departments and individuals in our RUMC family for these tremendous accomplishments. Well done to say the least! I look forward to providing further updates on our progress. Every person helped by us is a step forward towards a healthy community and a better Staten Island!

Remember the Power of One — You Make A Difference!

Sincerely,

Daniel J. Messina, PhD, FACHE
President and Chief Executive Officer

In Memoriam: Trustee Alan S. Bernikow



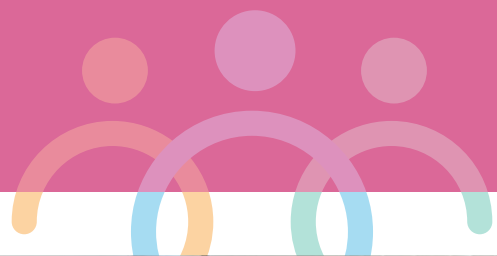
It is with great sadness that we announce the passing of longtime hospital trustee and friend Alan S. Bernikow on September 26.

Alan was retired Deputy Chief Executive Officer at the firm of Deloitte & Touche where his primary responsibilities included assisting the Chairman and CEO and Managing Partner on special projects, including firm mergers and acquisitions, partner affairs, and litigation matters. Prior to joining Touche Ross, the predecessor firm of Deloitte & Touche, Alan was the National Administrative Partner in Charge of all internal administration and finance for the accounting firm of J.K. Lasser & Company. He began his professional career with J.K. Lasser in 1966 as the Director of Personnel for the New

York office and Eastern Region and while at Lasser was admitted to the partnership in 1973.

Alan was also a member, and held committee positions with, the boards of Revlon, Inc. and Revlon Consumer Products Corporation, Destination XL Group, Inc., UBS Global Asset Management (US) Inc., Florida Community Bank (f/k/a: Premier American Bank, N.A.), and Mack-Cali. He was also a Partner at Kroll Bond Rating Agency and K2 Intelligence. Mr. Bernikow held a B.B.A. degree from Baruch College and was a member of the American Institute of Certified Public Accountants (AICPA) and the New York State Society of Certified Public Accountants (NYSSCPA).

We send our deepest condolences to his loving wife Joan and his entire family.



Recently, one of our patients, Charlie Azzopardi, celebrated quite a milestone. He turned 102! Charlie is a WWII veteran. Joining him in his birthday celebration are his son Frank; AVP for Emergency Services and Public Safety, William Amaniera; Alicia Garza from Boston Scientific; and cardiac cath lab nurses Wilma Lavides and Susan Proce.



On September 11, Richmond University Medical Center (RUMC) provided health screenings and palliative care information at a meeting of Staten Island clergy held at St. Patrick's School in Richmondtown. Nearly 20 clergy were provided with Advanced Directive information, had their A1C checked, and/or were screened for prostate cancer.



Our Chief Operating Officer and Chief Nursing Officer Rosemarie Stazzone, RN, MS, NE-BC was selected as an influential leader in business by Staten Island Parent Magazine and profiled in its Staten Island Parent Women in Business publication. Rosemarie is a healthcare executive with over 40 years of service on Staten Island. She has been recognized throughout her career as a leader of intelligence, integrity, and determination.



On September 21 and 22, in partnership with the New York State Court Officers and Fans for the Cure, RUMC provided free prostate cancer screenings in honor of September being National Prostate Cancer Awareness Month. Nearly 50 court officers, attorneys, and staff at the courthouse in St. George were screened and will have their results analyzed by our oncology department. Also on hand to provide information and answer questions were urologists Richard Maggio, MD, and Michael Wilson, MD, from Richmond Health Network's Urology Service Center.

RUMC Gala Will Salute Two Community Champions

Two outstanding community leaders in the fields of finance and medicine will be saluted at the 17th annual Richmond University Medical Center (RUMC) gala, set for November 4 in Nicotra's Ballroom of the Hilton Garden Inn. Gina Gutzeit, a finance executive, and Marianne LaBarbera, MD, a family physician, will be honored for their ongoing support of the hospital.

"The unwavering support RUMC has received from Gina and Marianne through the years has been remarkable," said Daniel J. Messina, Ph.D., FACHE, president and chief executive officer. "Their passion, professionalism, and generosity have lifted RUMC to new heights."



ABOUT GINA GUTZEIT

Ms. Gutzeit is a senior managing director and global leader of FTI Consulting's Office of the CFO Solutions practice, where she advises companies on financial and operational improvements, transactions and restructurings. Prior to joining FTI Consulting, she was a partner with PricewaterhouseCoopers. A lifelong Staten Islander, she is a certified public accountant, a certified insolvency and restructuring adviser, and a certified fraud examiner. Ms. Gutzeit served on the RUMC Board of Trustees for 15 years. As a past treasurer and finance committee chair, she helped stabilize the hospital's finances and supported its continued growth. She was named one of Consulting Magazine's Women Leaders in Consulting for 2018 in the Excellence in Leadership category, which honors professionals who have helped advance new thinking to identify and address client needs.



ABOUT DR. LaBARBERA

A family physician, Dr. LaBarbera is chief of Population Health at RUMC and was the first woman in 115 years to serve as president of the hospital's medical staff, from 2018 to 2020. She earned her medical degree from Universidad Autonoma de Guadalajara, and did her clinical clerkships as well as completed part of her postgraduate clinical training from 1983 to 1984 when the hospital was known as St. Vincent's Medical Center. She completed her family medicine residency at Community Hospital at Glen Cove, Long Island. Dr. LaBarbera returned to RUMC as a member of the medical staff in 1989, the same year she earned certification in Family Medicine. Dr. LaBarbera was in solo family practice for 26 years, then joined the Richmond Health Network in 2017. She was part of a team that established RUMC's Post COVID-19 Care Center. Dr. LaBarbera's mother, Cathy, served as a nurse and administrator at the hospital for more than 40 years. Dr. LaBarbera began her career at St. Vincent's as the unit clerk for the Emergency Department prior to attending medical school.

Tickets are \$350 per person, with tables of 10 available for \$3,250.
For sponsorship information and reservations, contact Gina Ferreri at 718-818-2106.

Watch New Episodes of RUMC Vital Signs



EPISODE 6: CREATING THE NEW YOU: A CONVERSATION ON BARIATRIC SURGERY WITH ALEX BARKAN, MD

Metabolic or bariatric surgery is the most effective and long-lasting treatment for severe obesity, resulting in significant weight loss and the improvement, prevention, or resolution of many related diseases including type 2 diabetes, heart disease, and hypertension. In this episode, Dr. Barkan discusses who qualifies for bariatric surgery, the lead-up to weight loss surgery, what procedures are available, and the lifestyle changes post-surgery.

To watch this episode and others covering a range of health-related topics, scan the QR code.



RUMC Vital Signs brings you up close and personal with the people providing care, services, and support at Richmond University Medical Center. **Airing on Community Media of Staten Island Channel 34 and available at www.RUMCSI.org**, each episode of RUMC Vital Signs covers the latest trends in medicine and provides in-depth information on the services provided at Richmond University Medical Center.

Advice for Expecting Parents on Preventing and Treating Preeclampsia, a Potentially Serious Condition



Photo: Michael Cabbad, MD, Chair of the Department of Obstetrics & Gynecology and director of Maternal Fetal Medicine

According to the National Institutes of Health, preeclampsia, a condition in pregnancy characterized by high blood pressure, affects an estimated 3% to 4% of pregnancies in the U.S. and can have troubling consequences for both mother and baby if left untreated. In the following interview, Michael Cabbad, MD, Chair of the Department of Obstetrics & Gynecology and Director of Maternal Fetal Medicine, discusses symptoms of, treatment for and prevention of this potentially serious condition:

What is preeclampsia?

Dr. Cabbad: Preeclampsia is a condition unique to pregnancy that's believed to be strongly associated with dysfunction of the placenta, an organ that connects the mother with the baby and supports the growth and development of the baby in utero. In the case of preeclampsia, an underlying vascular constriction of blood flow occurs as the pregnancy progresses and releases hormones and chemicals that force the baby to mature sooner and prepare for an earlier delivery. Preeclampsia typically presents itself after the 20th week of gestation, roughly around the middle of the pregnancy.

What are the signs and symptoms of preeclampsia?

Dr. Cabbad: The first signs and symptoms of the condition are typically the elevation of the mom's blood pressure and her spillage of protein, which are often not even perceptible to her (but which can be detected in office visits and through tests to measure such things as platelet count and liver and kidney function). Moms may also experience visual disturbances,

headaches, GI pain that over-the-counter antacids do not resolve, and pain in the right upper portion of their abdomen (reflecting liver dysfunction).

What are risk factors for preeclampsia?

Dr. Cabbad: Risk factors that predispose women to the development of preeclampsia include obesity, pre-existing diabetes, and chronic hypertension; preeclampsia has also been found to be more prevalent among first pregnancies and in women who are pregnant at either a very young age or when they're over 40. A family history of preeclampsia is another risk factor and studies show that even a father whose mother experienced preeclampsia when giving birth to him can increase the risk of his partner experiencing preeclampsia. Other risk factors include multiple gestations (twins, triplets, etc.), women who had a prior pregnancy involving preeclampsia, and women who became pregnant through in vitro fertilization (IVF). While race is no longer considered a preeminent risk factor, people of color have a statistically higher incidence of hypertension, which increases the risk of preeclampsia; at the same time, a low socioeconomic status increases the chances of a woman getting poor obstetrical care, which subsequently increases the risk of developing eclampsia (the most serious form of preeclampsia, which is accompanied by seizures). Most women at risk possess more than one of the aforementioned factors, which further increases their probability of experiencing preeclampsia.

How is preeclampsia treated?

Dr. Cabbad: The only treatment that eliminates preeclampsia is delivery of the baby, though we can provide certain agents to reduce the risk of seizure. Timing of delivery is based on the severity of the mother's symptoms/features and can start from as early as 26 weeks, with the babies of preeclamptic moms who are diagnosed without severe features typically being delivered at 37 weeks. Because the stakes are high for mom and baby — preeclampsia can cause maternal harm and potentially death to both the mother and baby — it is about trying to balance the benefits to the mother's health without harming the baby by delivering it too early.

Throughout a preeclamptic pregnancy, enhanced maternal and fetal monitoring is undertaken to ensure that the baby and mom aren't in harm's way. If the mother's features aren't severe, mothers will be asked to monitor their blood pressure and the baby's movements at home and will be seen at the hospital one or two times a week. If the mother's features are in the severe range, however, they may require hospitalization in order to enable 24/7 monitoring. If delivered early, the baby may be cared for in the NICU to ensure that it is not in jeopardy. Some mothers — especially those with underlying conditions like lupus, diabetes, hypertension, etc. — can experience placental complications post-delivery and they may be monitored post-delivery as well.

How can women help prevent preeclampsia?

Dr. Cabbad: Patients need to try to identify those risk factors that place them at increased risk (including any family experience with preeclampsia on the male partner's side) and discuss these with their physician. Compliance with the recommended schedule of OB/GYN visits is also extremely important so that doctors can diagnose preeclampsia sooner rather than later and take the appropriate measures. Patients in the antepartum setting and those identified by their provider to be at increased risk for preeclampsia would likely be advised to take low-dose aspirin daily, as this has proven to be of benefit in delaying the onset of this condition and allowing the pregnancy to continue to a safer gestational age for the baby.

How does the team at Richmond University Medical Center address women with preeclampsia?

Dr. Cabbad: We have extensive experience with this type of condition. Our hospital is well-prepared and we do in fact encounter and treat preeclampsia every day. The knowledge and expertise of our physicians and staff is intact, our equipment and facilities are top-notch, and our team places the possibility of preeclampsia in the forefront of all encounters with patients.

New Hires — Welcome to RUMC!

Marilyn Andujar — *Correspondence Clerk*
Abdul Bankole — *Mental Health Tech*
Lisa Barlow — *RN*
Sharon Carlo-Amato — *Social Worker*
Christian Carta — *Paramedic*
Nathalie Charpentier — *Unit Clerk*
Isaac Christian — *RN*
Nicole Cicciorollo — *RN*
Jaleil Croskey — *RN*
Cintia Cruz — *RN*
Daniel Dedato — *Security Guard*
Nancy DeLa — *Rosa PCT*
Cejai Dones — *Clinic Registrar*



Krystal Findley — *Program Supervisor*
Areyana Galloway — *Food Service Worker*
Melissa Guillermo — *Staff Physician*
Sammee Johnson — *Mental Health Tech*
James Jones — *Nursing Assistant*
Emily Kelly De La Cruz — *Nursing Assistant*
Aferdita Lanica — *Building Service Worker*
Savonce Lawrence — *Registrar*
Adeniran Makusota — *Mental Health Tech*
Megan Malone — *RN*
Michelle Matteo — *NP*
Abraham Ojo — *Mental Health Tech*
Fatjona Papraniki — *RN Intern*


Joanna Perotta — *Program Supervisor*
Dino Purisic — *Unit Assistant*
Monica Reid — *Nursing Assistant*
Kevin Rivera — *Building Service Worker*
Camila Roman — *Mental Health Tech*
Pranay Sazena — *Trauma Surgeon*
Julie Schneider — *RN*
Ashu Sharma — *Registrar*
Gianna Shearon — *RN*
Stefany Tajada — *RN*
Rosa Thomas — *Nursing Assistant*
Jenna Veneziano — *RN*

Catch Up on the Latest Episodes of RUMC Connections Podcast



Through RUMC Connections, you will meet the medical professionals that make Richmond University Medical Center thrive. RUMC Connections also provides useful information about maintaining your own health and provides answers to some of your own medical questions.



**NOW PLAYING**




Episodes 15
Rheumatology with **Daniel J. DeMizio, MD**

Episode 15: Rheumatology

Daniel DeMizio, MD, discusses patient diagnosis, various rheumatic issues, treatment methods, pain management, the changing landscape of the rheumatology field and much more.

**NOW PLAYING**



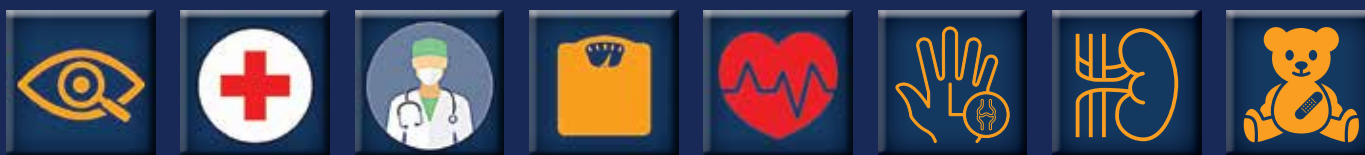
Episodes 16
Nephrology with **Sayed Mahdi Ayat, MD**

Episode 16: Nephrology

About 1 in 2 people with very low kidney function do not know they have kidney disease and approximately 1 in 3 adults with diabetes and 1 in 5 adults with high blood pressure may have kidney disease. Sayed Mahdi Ayat, MD, discusses these issues and all things nephrology.

To listen to these episodes and others covering a range of health-related topics, scan the QR code.

rumcsi.org/RUMCCpodcast



October Observances

Please join us in acknowledging the following health-related observances for the month of October:

Month-Long:

Domestic Violence Awareness
Eye Injury Prevention
Health Literacy
Healthy Lung Awareness
Home Eye Safety Awareness
Medical Ultrasound Awareness
National ADHD Awareness
National Breast Cancer Awareness
National Bullying Prevention
National Dental Hygiene Awareness
National Down Syndrome Awareness
National Physical Therapy Awareness
Prenatal-Onset GBS Disease Recognition
Spina Bifida Awareness
Sudden Cardiac Arrest Awareness
Sudden Infant Death Syndrome (SIDS) Awareness

Week Long:

Mental Illness Awareness Week: October 1 to 7
National Primary Care Week: October 1 to 7
National PA Week: October 6 to 12
Bone and Joint Health Action Week:
October 12 to 20
International Infection Prevention Week:
October 15 to 21

National Healthcare Quality Week: October 15 to 21

National Health Education Week: October 15 to 21

Respiratory Care Week: October 22 to 28

Red Ribbon Week: October 23 to 31

Recognition Days:

World Meningitis Day: October 5

World Cerebral Palsy Day: October 6

National Depression Screening Day: October 6

World Mental Health Day: October 10

World Sight Day: October 12

Metastatic Breast Cancer Awareness Day: October 13

Global Handwashing Day: October 15

National Latino AIDS Awareness Day: October 15

World Pregnancy & Infant Loss Remembrance Day: October 15

World Food Day: October 16

National Mammography Day: October 20

World Pediatric Bone and Joint Day: October 19

World Osteoporosis Day: October 20

National Check Your Meds Day: October 21

International Stuttering Awareness Day: October 22

National Prescription Drug Take Back Day: October 28

World Psoriasis Day: October 29

World Hypophosphatasia Day: October 30

Congratulations to our Employee of the Month!



JOSEPH T. RUGGIERO, RN
SETON 3-1

Richmond University
Medical Center

Foundation
17th Annual

Gala
BLACK TIE

**NEW YORK,
NEW YORK**



SATURDAY, NOVEMBER 4, 2023

TO HONOR GINA GUTZEIT & MARIANNE LABARBERA, MD

at the Hilton Garden Inn, 1100 South Ave, Staten Island, NY 10314

For more information, please visit rumcsi.org/gala
or contact Gina Ferreri **718.818.2106**

